

Hello Everyone!

New and noteworthy:

- To get one free copy of the EDA Big Book sent to your EDA group, please send a **recipient mailing address** to literature@eatingdisordersanonymous.org.

- Still taking low-cost pre-orders for the EDA Big Book through October 26th!

- o \$8.50 per copy (individual)
 - o \$8.15 per copy (EDA Group)
 - o Order at www.4EDA.org
 - o The cost is less if ordering in bulk.
 - o The list price for the EDA “Big Book” will be \$14.95 – so this is a really great opportunity!
 - o *Books will ship by November 21st.* (They are at the printers now!!)
- Don’t forget – we have an EDA Skype meeting (conference call, no video!) on **Sundays** at 6PM GMT (that’s **2PM EDT, 1PM CDT, noon MDT, 11AM MST/PDT**): [*Click here for Sunday EDA Skype meeting*](#) at the time the meeting starts. You can join as a guest – you do not need a Skype account to join.

We held a General Service Board of EDA meeting on Wednesday, October 12th. The General Service Board of Eating Disorders Anonymous is an organization set up to help EDA groups carry the message of recovery to those who still suffer. We meet every month on 2nd Wednesdays.

Attendees:

- Nuria – Florence, SC
- Jhena – Pittsfield, MA
- Christine – Oakland, CA
- Stacey – Pensacola, FL
- Annette – Phoenix, AZ

Notes:

- **EDA Big Book updates:**
 - o Our publishers, Gurze Books, have shipped the galley off to the printers!! Whoohoo!! This is such a huge milestone for EDA!! Books are expected to ship by November 21st.
 - o A blurb about the text is now up on Amazon and at Gürze Books: <http://www.gurzebooks.com/books/eda.html>.

- **Discussion Points:**

o **Text on the spine of the EDA Big Book**

Back in March the GSB wanted to have just the EDA logo (debossed) on the spine of the EDA “Big Book” but on reflection, we think it would be very hard for people to find the book without any other identification on the spine. The publisher agrees and said we should be able to get debossed lettering on the spine.

o The GSB agreed, unanimously, that we need legible but unobtrusive text on the spine of the EDA Big Book and approved having “Eating Disorders Anonymous” debossed on the spine. Discussion points included:

- Carrying the message of recovery should be our prime concern. Not being able to find our book in bookstores without asking for help is an impediment. We agreed that the EDA logo does not adequately signal our book’s content.
- The cover is dark and the lettering is debossed: this is clearly about recognition, not advertising.
- While the soft cover edition of the AA text does not have lettering on the spine, the AA hardbound book does have lettering on the spine, both on the book jacket and on the book cover itself. AA set the precedent for lettering on the spine.

o **We discussed how to handle media coverage of the EDA Big Book publication.** (We are not sure there will be any coverage whatever, but we should prepare for it if there is.)

o EDA as a whole—its members, groups, and General Service Board—are bound to uphold the Twelve Traditions.

- Per Tradition 11: Our public relations policy is based on attraction, not promotion: we maintain personal anonymity at the level of press, radio, film and web. EDA members and people vested with the authority to represent EDA members (such as the General Service Board) may not actively promote the EDA program. In deference to EDA Traditions, Gürze Books agreed not to explicitly market the book, though information about the book is now available. The GSB is very grateful for the sensitivity with which Gürze Books is handling this.
- Per Tradition 8: EDA should remain forever nonprofessional, though our service centers may employ special workers. This means that people who self-identify as EDA members should not make a profession out of promoting the EDA program. As a point of clarification, the people who kindly wrote doctors’ opinions and the first two letters of support were writing within their professional capacity as authorities on eating disorders treatment and prevention, not as EDA members.
- Per Tradition 7: Every EDA group should be fully self-supporting, declining outside contributions. When the GSB decided back in

February that it wanted to provide one free book to each existing and new EDA group, Gürze Books very generously agreed to provide one free copy to the EDA groups and treatment centers identified by the GSB as of October 1, 2016. In addition, Gürze Books agreed to pay half the shipping costs for these books. While our publishers' kindness and generosity is rooted same principles of love and service as ours in EDA, we need to be mindful of the injunction to decline outside contributions. The GSB is happy to pick up the book and shipping cost of providing one free copy to each new EDA group. Pre-order prices on the EDA website have been updated accordingly. After October 26th, the pre-order capability goes away and we will need to order through Amazon or Barnes&Noble like everyone else, except for orders of 25 or more, which can be ordered through Gürze Books at a very generous discount.

- Per Tradition 6: An EDA group ought never endorse, finance, or lend the EDA name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose. Despite the injunction against alliance with institutions, EDA groups may certainly meet in facilities such as hospitals, treatment centers, and jails. We remember that Tradition 5 precedes the others in order and, I assume, in importance. The message of recovery is urgently needed in institutional settings. The key point is that EDA ought not operate any facilities (commercial or non-profit); there ought never be an EDA brand.
 - Per Tradition 5: Each EDA group has but one primary purpose—to carry its message of recovery to others with eating disorders. EDA members should strive to steer clear of controversy. EDA as a whole has no opinion on outside issues including the others opinions of our program. Hopefully, others outside EDA will be delighted, but other people's opinions need not be our concern.
 - The General Service Board considered whether it should review material printed about EDA by outside entities, but did not come to a firm consensus. Some thought review could be seen as implying consent. Some proposed that the GSB – like EDA members – should remain silent no matter what. This topic will be revisited at a future GSB meeting.
- **Online and Skype meetings: Did you know we have at least one online meeting a day?**
 - **New Beginnings Group: Living Recovery with the Program** [Click here to join at the time of the meeting](#)
 - Sunday – 8:00 PM EDT – Step/Tradition Study meeting

- Monday – 12:00 PM EDT – Newcomer meeting (focused on steps 1,2,3)
 - Tuesday – 12:30 EDT – Step/Tradition Study meeting
 - Wednesday – 8:00 PM EDT – Newcomer meeting (focused on steps 1,2,3)
 - Thursday – 8:00 PM EDT – Topic meeting (1st Thursday milestone celebration meeting, 3rd Thursday speaker meeting)
 - Friday – 1:00 PM EDT – Big Book Study
 - Saturday – 10:00 AM EDT – Big Book Study
 - New Beginnings Moderator meeting (for moderators): 1st Tuesday of the month at 5:30 PM EDT
- **Living the Steps Group:** [Click here to join at the time of the meeting](#)
 - Monday – 7:00 PM EDT – Step Study meeting
 - **There is an EDA Skype meeting (conference call, no video)!** We meet every Sunday at 6PM GMT (that's 2PM EDT, 1PM CDT, noon MDT, 11AM MST/PDT): [*Click here for Sunday EDA Skype meeting*](#) at the time the meeting starts; you can join as a guest, and you do not need to install an app to join. (If we have more than 25 people, you may need to wait for another meeting.)

We adjourned the meeting at 7:00 PM MST.

Our next meeting will be Wednesday, November 9th, 2016.

Please send these minutes to members of your group if your group maintains an email contact list!

Thank you to all who attended and to all who serve EDA!

Wishing you peace and joy in recovery,

Annette (aka Michelle)

Note: This email address is checked only monthly. Please send comments and inquiries to info@eatingdisordersanonymous.org.